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| <b>North Country R.I.D.E.</b>  |  |  | Volunteers Needed: 8  |
| <b>VOLUNTEER POSITION</b>  |  | <b>AGES</b>  | <b>WEBSITE</b>  |
| Incredible Exchange Volunteer  |  | 13-14-15   | www.ncride.com  |
| <b>LOCATION</b>  | <b>VOLUNTEER TIME NEEDED:</b>  |  |  |
| North Country RIDE<br>180 Hatinen Road<br>Esko, MN 55733   | Mon. 10 am to 7 pm<br>Tues. 10 am to 7 pm<br>Thurs. 10 am to 5 pm<br>Wed. 10 am to 12 pm and 3 pm to 7 pm<br>Fri., Sat., and Sun. not available. |  |   |
| <b>VOLUNTEER ACTIVITIES</b>  |  |  |   |
| North country RIDE provides equine facilitated activities to people with life challenges. We have numerous volunteer opportunities to work in our riding classes helping the Instructor with leading the horse and barn chores or assisting the clients with side walking. We also have many organizational volunteer opportunities during non class times, assisting in the office, creating bulletin boards, cleaning and misc. duties. If you enjoy special events you might want to get involved with fundraising or helping with the Annual Ride-a-thon, Fall Dinner Dance, Play-day or Open House. Come join a great group of volunteers who have a passion for people and horses. |  |  |   |
| <b>SCHEDULING AND AVAILABILITY</b>   |  |  |   |
| Our classes run in 6 week blocks with a week off between each session. We prefer volunteers come at the same time and day of the week and to commit to finish out a six week session. This is for continuity of the riders class and scheduling.<br>Spring      April 15- May 31<br>Summer 1    June 3 - July 12    Closed on July 4<br>Summer 2    July 22 - August 30  |  |  |   |
| <b>VOLUNTEER QUALIFICATIONS</b>  |  | <b>RESTRICTIONS AND REQUIREMENTS</b>   |   |
| <ul style="list-style-type: none"> <li>We cannot stress enough how important showing up on time and as scheduled is. Our clients depend on volunteers for a safe experience and when short of volunteers, sometimes clients are not allowed to ride.</li> <li>Good listening skills and motivation to learn new things is a definite requirement as is being able to stay on task.</li> <li>If someone has prior horse experience it is a plus and may be assigned different opportunities than those unfamiliar with horse behavior but all will be evaluated by the instructor/mentor. We want our volunteers to have fun while here and feeling like part of the team.</li> </ul>     |  | <ul style="list-style-type: none"> <li>We expect everyone to follow simple safety rules and adhere to privacy policies.</li> <li>Appropriate clothing is required. Dress code requires no open toed shoes, shorts (capris ok), low cut tank tops or clothing with profanity or questionable writing. It is a good idea to always bring a jacket along.</li> <li>As we are about 18 miles south of Duluth, reliable transportation to and from our site is a must.</li> <li>We recommend up to date Tetanus shot</li> <li>Allergy to horses and/or hay is a contraindication to volunteering at our site.</li> <li>Physical ability to lift 30 lbs and ability to walk for up to an hour are required.</li> </ul> |   |
| <b>THINGS TO CONSIDER</b>  |  |  |   |
| We are a working horse ranch so volunteers should be okay with going home smelling like a horse.   |  |  |   |
| <b>CONTACT INFORMATION:</b>  |  |  |   |
| <b>Contact</b>   | <b>Mentor(s)</b>   | <b>Phone</b>   | <b>E-mail</b>   |
| Linda Kilbane  | Kaylynn Tukhanen   | 218-879-7608   | ncride@gmail.com  |